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'We feel it's our duty to help'

These Torontonians are stepping up to bring aid to East Africa

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EDUARDO LIMA/METRO

NHLers benched for Olympics

HOCKEY VS. HOCKEY

Bruce Arthur

You can blame Gary Bettman for a lot of things, if you're so inclined. The game of hockey has deteriorated under his watch; he lost a season to labour strife, and another half of one. The league has been small-minded on so many fronts, and there is not a lot of evident vision. Never has been, really.

To that, you can now add the Olympics. The National Hockey League finally ended negotiations on Monday, formally announcing that the league will not participate in the Olympics for the first time since 1994. The NHL apparently didn't want to overshadow the playoffs, which start in a little more than a week, which is maybe enough time for the anger to die down.

Because this is a narrow-minded decision, fuelled by the owners and carried out by their commissioner. There is plenty of blame, of course. *Continued on page 15*

+ LEAFS OUT

These seven Maple Leafs might have played in the 2018 Olympics. Sorry, buds:

- Frederik Andersen • Leo Komarov
- Auston Matthews • William Nylander
- Roman Polak • James van Riemsdyk
- Nikita Zaitsev

FROM FAMED ARENA TO GROCERY STORE

How to breathe new life into old urban landmarks

METRO CITIES

Tax break 'not enough'

CULTURE

Province should help groups like 401 Richmond, says tenant

Gilbert Ngabo
Metro | Toronto

Susan Dicks, the owner of Susan Dicks & Company wants to see more protection for the 401 Richmond heritage building. EDUARDO LIMA/METRO

Arts and culture groups at 401 Richmond say the city's latest move to assist them with skyrocketing rent isn't enough.

The city's government management committee on Monday unanimously approved a motion by Coun. Joe Cressy that provides a partial tax exemption by designating about 20 per cent of the 401 Richmond building as a municipal capital facility.

Currently, the hub is taxed on the location value, not the services it provides. The change would give UrbanSpace – which owns 401 Richmond building – a tax break to help make spaces more affordable for their tenants.

City council will vote on the proposal in its meeting later this month.

The effort is "a life preserver" but will not be enough to prevent many tenants from having to relocate or fold completely, said Dave Molenhuis of Between the Lines Publishing House, one of the tenants at the downtown cultural hub.

"We still face the bigger issue of being priced out of the shrinking affordable commercial rental market," noting the province should create a new tax category for arts and culture spaces like the ones at 401 Richmond. "The provincial government cannot continue to let us wither on the vine."

Earlier this year the city asked the province to consider making changes to the tax code to better protect heritage properties, especially those offering community services for arts and culture. There have been continuing negotiations between both parties, but the province has yet to commit any tax code changes.

> **Does the province really want to continue to sit on its hands and force us to close our doors?**
> Dave Molenhuis

Susan Dicks, whose costume and custom garments business has operated in the facility for over 30 years, said she's concerned the new proposal will become "yet another piece of study and the next government will just fold it."

"When I look at the landscape of Toronto, anything that has value as a historical building now has a tower behind it," she said. "That really annoys me. I'd like to see more protection for our heritage building."

RETAIL

Holt Renfrew scales back on luxury services

The barber chairs are gone, the shoe shine service is closed, the blow-out bar shut in January — Holt Renfrew at Yorkdale has scaled back on the luxury services it began offering customers in 2014 as the Canadian chain underwent a $300 million renovation and expansion to maintain market dominance in the face of a looming U.S. retail invasion.

Holt Renfrew has also scaled back on employee hours and made changes in the senior ranks as it adjusts to competition from Nordstrom and Saks Fifth Avenue, Holt Renfrew president Mario Grauso said the many changes that have been made since he took over the brand in September are not the result of a decline in fortunes.

"Holts hasn't had competition in the Canadian market like we do now, but with a strong assortment of key brands, a great customer experience and strong marketing, we are confident that we have set ourselves up for success," said Grauso.

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metro NEWS
Your essential daily news

Malala Yousafzai to receive Canadian citizenship next week. **Canada**

Pay double your rent or get out

> **I'm obviously going to have to find another place to live.**
>
> AJ Merrick
>
> **There's no way we're paying that much for that place.**
>
> Kim Zasadny

HOUSING

Shock for tenants — and new calls for change in law

May Warren & Peter Goffin
Metro/Torstar News Service

Tenants of at least two west-end condo buildings will see their rents double this year, in a move that critics say proves change is needed in Ontario's rent control laws.

Kim Zasadny, 25, has lived with a roommate at 170 Sudbury St. about a year and a half.

Over the weekend, she received a letter from KSV Advisory, a company that restructures insolvent businesses, informing her that as of July 1, rent would increase to $3,300 from $1,650.

"It basically says I have two options, either to pay $3,300 a month for a one and a half bedroom that I live in ... or I have to move out July 1," said Zasadny. "I didn't even know that was legally possible."

Ontario puts a cap on rent increases for units built prior to Oct. 31, 1991. But there is no limit on rent increase amounts for more modern residences.

"These rules need to change because they are padding the pockets of landlords while pushing renters out of their homes," said Coun. Josh Matlow.

On Friday, AJ Merrick, who rents a condo unit at 38 Joe Shuster Way, posted the letter he received from KSV, to Facebook. Merrick, like Zasadny, will have his rent doubled on July 1.

"I wish I could stay but I have to move out," Merrick said. "It's way too much money."

Merrick and Zasadny were renting their units from Urbancorp residential developers.

Renters at 38 Joe Shuster Way have been told their rent is doubling. EDUARDO LIMA/METRO

In April 2016, Urbancorp announced it would be restructuring under the Bankruptcy and Insolvency Act. Urbancorp said KSV was its trustee.

Since then, hundreds of disappointed home buyers have been stuck in limbo. In August, a court granted home purchasers stranded by the insolvency of Urbancorp the right to be legally represented in discussions with the companies buying four of the homebuilder's sites being sold off.

There are reports that residents of one other building where Urbancorp owns units have received rent increase letters. KSV executives did not respond to calls or emails.

In March, the provincial NDP tabled a private member's bill that would expand rent control to all properties. Laura Gallant, spokesperson for Ontario Minister of Housing Chris Ballard, said it was "unacceptable" that many Ontarians are faced with dramatically rising housing costs.

So far, said Gallant, the province has frozen municipal property tax on apartment buildings.

Kenneth Hale, director of legal services at the Advocacy Centre for Tenants Ontario, wants same rent control measures on older units applied to all rentals.

Rent increases on units occupied prior to Oct. 31, 1991, are tied to annual changes in the Consumer Price Index. This year, increases on those older units are capped at 1.5 per cent.

"That's an objective measure," said Hale. "It makes sure that landlords' increases in hydro and fuel prices and various other (costs) eventually get taken into account."

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Tory talks tough on funding

TRANSIT

Ontario must help after killing tolls, mayor says

Mayor John Tory stepped up his campaign to secure more transit funding from the province on Monday, saying it will be "virtually impossible" to complete major projects such as the relief-line subway without a significant contribution from Queen's Park.

At a 10 a.m. press conference on a busy subway platform at Bloor-Yonge station, Tory called on the province to match funding the federal Liberals announced last month in their 2017 budget.

The mayor argued that the province has an obligation to come up with cash, especially because Premier Kathleen Wynne quashed a council-approved plan to implement road tolls on the Don Valley Parkway and Gardiner Expressway.

"Unfortunately, the province said 'no' to allowing the city to control its own finances and address its own needs," Tory said. "So now, the future of transit expansion in Toronto rests squarely with the province of Ontario."

Mayor John Tory says the province quashing a plan for road tolls on the Don Valley Parkway and Gardiner Expressway means Ontario must help pay for more transit. TORSTAR NEWS SERVICE FILE

The provincial Liberals are expected to table their budget in the coming weeks, and have, so far, made no sign they intend to include more money for Toronto transit.

Transportation Minister Steven Del Duca responded to Tory's remarks Monday afternoon with a statement that suggested the mayor was "playing politics" with transit planning.

"I want to be very clear: No provincial government in the history of Ontario has invested more in Toronto transit projects than the Kathleen Wynne Liberals," Del Duca said.

The statement included a list of previous provincial commitments to projects in the city that totalled more than $12 billion and included full funding for the Eglinton Crosstown LRT and Union Pearson Express, as well as contributions to the Scarborough and Spadina subway extensions, Tory's SmartTrack plan and the purchase of new streetcars.

Del Duca argued that funding the federal Liberals included in their budget is merely a sign that Ottawa is "catching up on years of underinvestment" by previous Conservative governments, while the province has been a consistent partner.

In another sign of the apparent rift between city hall and Queen's Park, the mayor warned Monday that he wouldn't allow work on a proposed extension of Line 1 into Richmond Hill to proceed until the relief line is under construction.

The northward extension is a priority for York Region, and the province has signalled its support by funding design work, but the TTC fears it will only add riders to the already overburdened Line 1.

"The Yonge line won't move an inch closer to Richmond Hill until we have shovels in the ground digging out that much needed subway relief line," Tory said. TORSTAR NEWS SERVICE

TRANSPORTATION

Uber fills Innisfil's needs

While many cities across the country have waged fierce battles against ridesharing services, the Town of Innisfil has found an ally in Uber.

Innisfil is partnering with Uber to help bring subsidized, on-demand transit service to its residents, the first partnership of its kind in Canada.

Innisfil's council — which serves a community south of Barrie of about 36,000 — approved a partnership with Uber last month that will see the ridesharing service offer discounted trips to certain destinations within town.

The agreement is the first ridesharing-transit partnership in Canada, according to Uber.

Innisfil mayor Gord Wauchope hailed the agreement as an innovative way to provide transit to the town, which he added is spread out over an area close to the size of Mississauga.

"You can't have taxpayers pay for a transit system which they cannot use," Wauchope said.

The town conducted a transit feasibility study in 2015, and found that a fixed-route bus service would cost around $270,000 for one bus per year.

Council decided that was too steep a price for the limited service that just one bus could provide.

The town will instead provide $100,000 this year for the partnership, and another $125,000 in 2018. The service will officially launch on May 1.

Residents will be on the hook for base fees for trips to key locations in Innisfil, while the town pays Uber the rest of the fare.

For example, Innisfil residents will pay $3 per person for any trip to or from the Innisfil Recreational Complex and Town Hall area, and the town will pay Uber the difference, around $6 to $9. Trips to and from the Barrie South GO station, Innisfil Heights Employment area and Highway 400 carpool lot will cost $5, and any trip to or from the closest GO bus stop on Yonge St. will be $4.

Residents will also be able to book a trip to wherever they wish from Innisfil and receive $5 off their fare.

TORSTAR NEWS SERVICE

$3

Innisfil residents will pay $3 per person to or from the Innisfil Recreational Complex and Town Hall area, and the town will pay Uber the rest, around $6 to $9.

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TRANSIT SAFETY

Judge upholds TTC drug-testing policy

A judge has upheld the TTC's plan to randomly test its employees for drug and alcohol use, ruling that the need to protect public safety outweighs the risk of infringing on transit employees' privacy.

In a 23-page ruling released Monday, Associate Chief Justice of the Superior Court Frank Marrocco dismissed an application from the TTC workers' union for an injunction against the policy, which was to have gone into effect March 1.

The TTC said it now plans to begin random testing later this month.

In a statement the secretary-treasurer of Amalgamated Transit Union Local 113, which represents more than 10,000 TTC workers, said employees were "disappointed" with the court's decision. Kevin Morton alleged the policy "violates basic human rights" and is "an abuse of employer power against the hardworking women and men who safely move this city."

However, in his ruling Justice Marrocco agreed with TTC management "that there is a demonstrated workplace drug and alcohol problem at the TTC, which is currently hard to detect and verify."

The judge also ordered the union to pay the TTC's costs in the case, which were set at $100,000.

TORSTAR NEWS SERVICE

Random drug testing was suggested after a fatal 2011 bus crash. The driver was charged with cannabis possession, but was not found to be impaired. TORSTAR NEWS SERVICE FILE

From front: Vishvam Mazumdar, Vraj Patel, Kanav Arora, Rinay Shah, and Vyshna Krishnakumar won a NASA prize.
COURTESY CENTRAL PEEL SECONDARY

Prize out of this world

COMPETITION

Students design space settlement to orbit Mars

May Warren
Metro | Toronto

If they ever have to leave Earth, this group of Grade 12 students have a back-up plan.

Five students from Brampton's Central Peel Secondary School have won second prize in their grade in a worldwide NASA competition for designing a space settlement to orbit around Mars.

"It has everything that you need to survive," said 17-year-old Vishvam Mazumdar of their design. "It's supposed to last forever, theoretically."

Equipped with food and water production, living quarters, and radiation protection, as well as entertainment and sports options, the settlement would be one kilometre in diameter and about 300-metres in height.

It takes the shape of an ellipsis, inspired by the Death Star from Star Wars.

"Because it has the most surface area and you can put solar panels all over the ship in order to get the most solar energy harvested," said Mazumdar of the shape choice.

The community also comes with a sophisticated political system lifted from the popular young adult novel Ender's Game.

Calculus teacher Simona Matei will travel with the group to Missouri next month to present the plan at the International Space Development Conference.

She was impressed at the initiative they took with the project once she told them about the competition.

"They just took off," she said with a laugh. "I didn't hear from them for a good five months and then they came back to me and said 'miss we are done, what's next?'"

GUINNESS

Stouffville pub breaks records

And the beat goes on.

Stouffville's Earl of Whitchurch pub was the venue for what is now — unofficially — a Guinness world record for the longest concert by multiple artists.

Since St. Patrick's Day, more than 400 acts have taken the stage for the concert, organized by Kevin Ker and the Epidemic Music Group. They passed the goal at 7:10 a.m. on Sunday.

"I'm exhausted, stressed and absolutely elated that we managed to pull it off," said George Bigelow, owner of the Earl of Whitchurch. "I'd be lying if I didn't tell you that it was still a whole lot of fun along the way."

Bigelow said for the moment they've got all the records they were going for: longest live-streamed concert and longest concert by multiple artists. The Earl of Whitchurch broke the record held by Ri Ra Irish Pub in Las Vegas. TORSTAR NEWS SERVICE

WILDLIFE

Ontario puts end to snapping-turtle hunt

Ryan Tumilty
Metro | Ottawa

Snapping turtles have one less reason to fear you after the provincial government moved to end hunt for the slow-moving reptiles.

The government announced Monday that killing or trapping the animals will now be illegal.

Minister of Forestry and Natural Resources Kathryn McGarry said the government has been concerned about snapping-turtle populations for some time and decided it was time for a change.

"We knew that the snapping turtles were a species of special concern, so we have been monitoring their population fairly closely," she said.

Several conservation groups including the Ottawa Field Naturalists Club wrote to the government calling for change

The province had allowed snapping-turtle hunting all year in some areas, and between July 15 and Sept. 15 in other areas. Hunters had a two-per-day limit.

McGarry said a government website that listed proposed changes to the hunt was flooded with people who wanted the hunt banned.

"We had over 10,000 comments about the situation, so that helped us to recognize that the public would be supportive if we closed the harvest," she said.

Turtles were generally not hunted, McGarry said, with only a handful of cases each year, so it was a fairly easy decision she said to end it.

"There were not a lot of comments trying to keep the harvest going."

The turtles' greater threat has been drivers over the past few years, with hundreds of the animals becoming roadkill each summer.

McGarry said people who want to help the animals should watch out for them on the highways.

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METROLINX

FOCUS ON FAMINE

Aiming to help East Africa

metro EFFECT

Charity steps up to aid those on the brink of starvation

Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nation famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die because aid is not coming," he said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over 20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a $4.4-billion relief fund is not provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

> **We have so many kids that are possibly going to die because aid is not coming.**
> Zeib Jeeva

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

DETAILS

IDRF will host a fundraising event on April 9, starting at 5 p.m. at the Woodbine Banquet Hall.

The goal is to raise $100,000 for the relief efforts.

Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

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‘I just want her safe’

MANITOBA

Sister of slain Tina Fontaine now reported missing herself

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered Indigenous women is now missing herself, and her family says it all stems from the tragedies she has experienced in her life.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found in the Red River on Aug. 17, 2014.

“Her and Tina were just inseparable. They were always together, and then when she lost Tina, she felt she just lost everything,” Thelma Favel, the great-aunt who took care of the girls from a young age, said Monday.

Eugene Fontaine, father to both Sarah and Tina, was beaten to death on the Sagkeeng First Nation on Oct. 31, 2011. His death was what caused Tina to spiral and require foster care, Favel and others have recounted.

Two men pleaded guilty to manslaughter in Eugene’s death. Another man has been charged with murder in Tina’s case and is currently awaiting trial.

Last month, the girls’ cousin, Jeanenne Fontaine, died after being shot in the back of the head in a house that was set on fire.

“(Sarah) talked about it. She just wanted to know what was happening to the Fontaine family — why they were being murdered,” Favel recalled.

Sarah Fontaine got pregnant after Tina was killed, Favel said, and had been living in a Winnipeg-area home with her infant and receiving counselling for about a year.

RCMP reported the girl missing last week. Favel said Sarah drove to Favel’s home.

“She wanted to come back home here but she’s not ready. She didn’t receive the proper counselling that she needed.”

Favel said she called police when Sarah arrived last week and the girl and her baby were taken into new, separate homes.

On Monday, Favel learned Sarah had disappeared again.

“I just want her safe,” Favel said. THE CANADIAN PRESS

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. CONTRIBUTED

HEROISM

Malala to become Canadian citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week.

Prime Minister Justin Trudeau’s office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament.

Malala Yousafzai

Former PM Stephen Harper was to have presented the award in Toronto on Oct. 22, 2014.

But the event was cancelled, because that was the day a gunman attacked Parliament Hill after killing a soldier at the National War Memorial.

Yousafzai became an international symbol for girls’ rights after surviving a 2012 attack by a Taliban gunman, who shot her in the head while she was riding a bus home from school in Pakistan. Trudeau’s office says he wants to discuss “girls’ empowerment through education.” THE CANADIAN PRESS

SCANDAL

Bombardier sorry for lack of clarity

Bombardier did “a bad job” explaining its decision to raise executive compensation, but the company has listened to the public, CEO Alain Bellemare says.

Bellemare acknowledged that Bombardier underestimated the anger that would erupt over the pay hikes, which were to come as it was issuing pink slips to employees while receiving federal and provincial assistance.

“It’s all on us,” he said.

The remuneration is required to attract top talent to turn around the company’s fortunes, which in turn benefits employees, he said. THE CANADIAN PRESS

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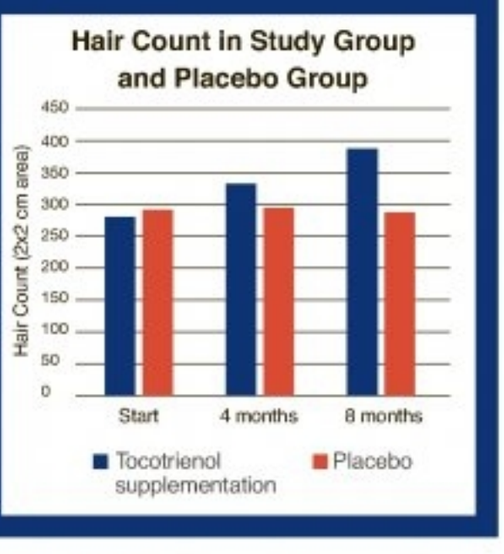
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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Relatives searching for kids, loved ones

COLOMBIA

At least 43 children have died in flood, says president

A wounded young girl waits for medical attention at a shelter in Mocoa, Colombia on Monday. GETTY IMAGES

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two of her nephews, ages 6 and 11, were killed when their house was destroyed. "The mother as well was totally beaten up" but managed to save her 18-month-old baby, she said while at the river trying to clean items she salvaged from her home.

THE ASSOCIATED PRESS

CHICAGO

Second teen turns himself in over Facebook assault

A second teenager suspected in the sexual assault of a Chicago teenager that was streamed live on Facebook turned himself in to police on Monday afternoon.

Police spokesman Anthony Guglielmi said the mother of a 15-year-old boy who was being sought on an arrest warrant issued Sunday brought him to a police station.

THE ASSOCIATED PRESS

BREXIT

U.K. talks war over status of Gibraltar

Less than a week after asking for a divorce from the European Union, Britain is talking war.

The dispute over Gibraltar is a conflict of words, not weapons — a matter of bellicose headlines in Britain and bemusement in Spain. But it's a sign of how rough the road ahead could be.

The rocky 6.7-square-kilometre enclave at the tip of the Iberian peninsula has been a British territory since 1713.

The latest spat was sparked by draft Brexit guidelines drawn up by the EU, which said no future agreement between Britain and the bloc would apply to Gibraltar unless the U.K. and Spain agreed.

Officials in Gibraltar accused Spain of using Brexit to force negotiations on the status of Gibraltar, against the wishes of the 32,000 Gibraltarians.

Former Conservative Party leader Michael Howard said Prime Minister Theresa May would defend Gibraltar as Margaret Thatcher did the Falkland Islands. THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, NOVA SCOTIA

EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US. **GINA COMEAU**

1 Blast victims lie near a subway train hit by a explosion at the Tekhnologichesky Institut subway station in St. Petersburg, Russia on Monday.
2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

Explosion shreds subway station

ST. PETERSBURG, RUSSIA

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. However, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack."

St. Petersburg, a major tourist destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in midafternoon as the train travelled between stations on one of the city's north-south lines.

> **From now on, I will be scared to take the subway.**
> Marina Ilyina

The driver chose to continue on to the next stop, Technological Institute, a decision praised by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in.

THE ASSOCIATED PRESS

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Jamie Bradburn For Metro

Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

Maple Leaf Gardens, Toronto

THEN The hockey temple where the Maple Leafs enjoyed their glory days.

TORSTAR NEWS SERVICE

NOW Its on-ice heritage lives on via Ryerson University's Mattamy Athletic Centre, featuring a rink and other gym facilities. A Loblaws grocery store occupies the ground floor — look for the old centre ice in aisle 25 by the tuna.

Pier 21, Halifax

Ship terminal that welcomed immigrants between 1928 and 1971.

An immigration museum, an art and design campus and shops.

Union Bank, Winnipeg

The oldest skyscraper in western Canada, opened in 1904.

Red River College's GlobalFoods Institute now resides in the old bank.

Mercer Warehouse, Edmonton

Warehouse built in 1911 to store cigars and liquor.

Part of the city's warehouse district, it houses restaurants and startups.

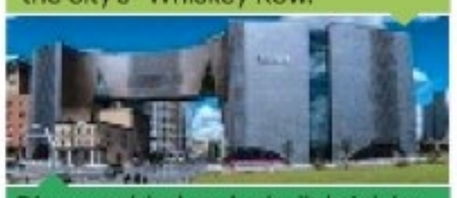
Mill Street Brew Pub, Ottawa

An 1850s-era grist mill along the Ottawa River.

Mill Street Brewery moved in and opened a brew pub.

King Edward Hotel, Calgary

Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

Roundhouse, Vancouver

Western terminus of the Canadian Pacific Railway.

Community space, performance venues, art studios and a gym.

WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in

When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivers" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.

PUBLIC WORKS
The week in urbanism

SHIP SHAPE
A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

SCALING INEQUALITY
Calgary introduced a $5.05 monthly transit pass for its lowest-income residents. People earning $12,500/year or less can pay the new low rate, which comes in at a deep discount from the $101/month pass.

URBAN DICTIONARY

DEFINITION
A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

USE IT IN A SENTENCE
Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.
@BuiltJustice

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metro LIFE

Your essential daily news

Massachusetts scientists say the region's cod are at a historic low — 80 per cent down in a decade

How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

TORSTAR NEWS SERVICE

When you're given your dream, you don't want to question it. It felt like I was high all the time.
Sandra, who found herself in a relationship with a psychopath

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could include personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodworking class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

**Sandra is a pseudonym, used to protect the identity of all involved.*

TORSTAR NEWS SERVICE

HEALTH

Calls to raise awareness of transgender fertility options

Genna Buck
Metro Canada

Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no children. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn't know their fertility options. Of those, 77 percent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem.

We have to do a better job making sure that people are aware of their reproductive options.
Rachel Clark

For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors, it's just that they don't understand."

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than $15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

Genna Buck
Metro Canada

When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called "mouth-to-mouth") and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you're faced with someone who has overdosed and might die.

All three gave the same basic advice: If, after using drugs, someone passes out and can't be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encourages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, "Initially, ventilations (rescue breaths) would represent a far more valuable intervention."

"That said," he continued, "Respiratory arrest will also ultimately lead to cardiac arrest, in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest."

THE KIT
Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It's an essential first aid kit item if you're ever around people who use street drugs.

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But she said if you have the training and can get over the "yucky" factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren't like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you're a medical professional, you can't diagnose them. So do what you know works: Chest compressions.

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

1. **Call 911,** no matter what is happening or who is there.
2. **Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
3. **Give chest compressions** if the person is unresponsive. Make sure they're lying down on a firm surface. Push hard and push fast in the centre of the chest.
4. **Give naloxone** (nasal spray or injection), following the directions in the kit.
5. **Use an automated external defibrillator (AED)** if there's one available. You don't need training to use an AED, and you can't do it wrong. The machine will tell you what to do and it will not go off if the person's heart is working properly.

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Deadline: April 21, 2017

Questions? Contact us at info@theex.com or 416.263.3330

We should only use sorry when it really counts. ISTOCK

Slow down on sorries

ADVICE

Unapologetic guide to cutting back on saying sorry so much

Sofi Papamarko
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a $20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf . . . and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "aboot" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

Case 1 — You find a hair in your food at an upscale restaurant
Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"
Correct response: "Excuse me, there's a hair in my soup."

Case 2 — Somebody stands on your foot
Incorrect response: "Ouch! Oh! Sorry!"
Correct response: "You are standing on my foot."

Case 3 — You have to cancel plans with a friend because you've caught a cold
Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing, I know. Sorry! Sorry! Sorry! I'm the worst!"
Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

Case 4 — Your husband impregnated your best friend
Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"
Correct response: "We are getting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life.

Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

STUDY

Canadian newborns are worst cry babies

Canadian newborns are among the fussiest, most colicky in the world.

That's according to a British study published Monday in the Journal of Pediatrics, which looks at prevalence rates of colic and the duration of fussiness and crying in infants during their first three months.

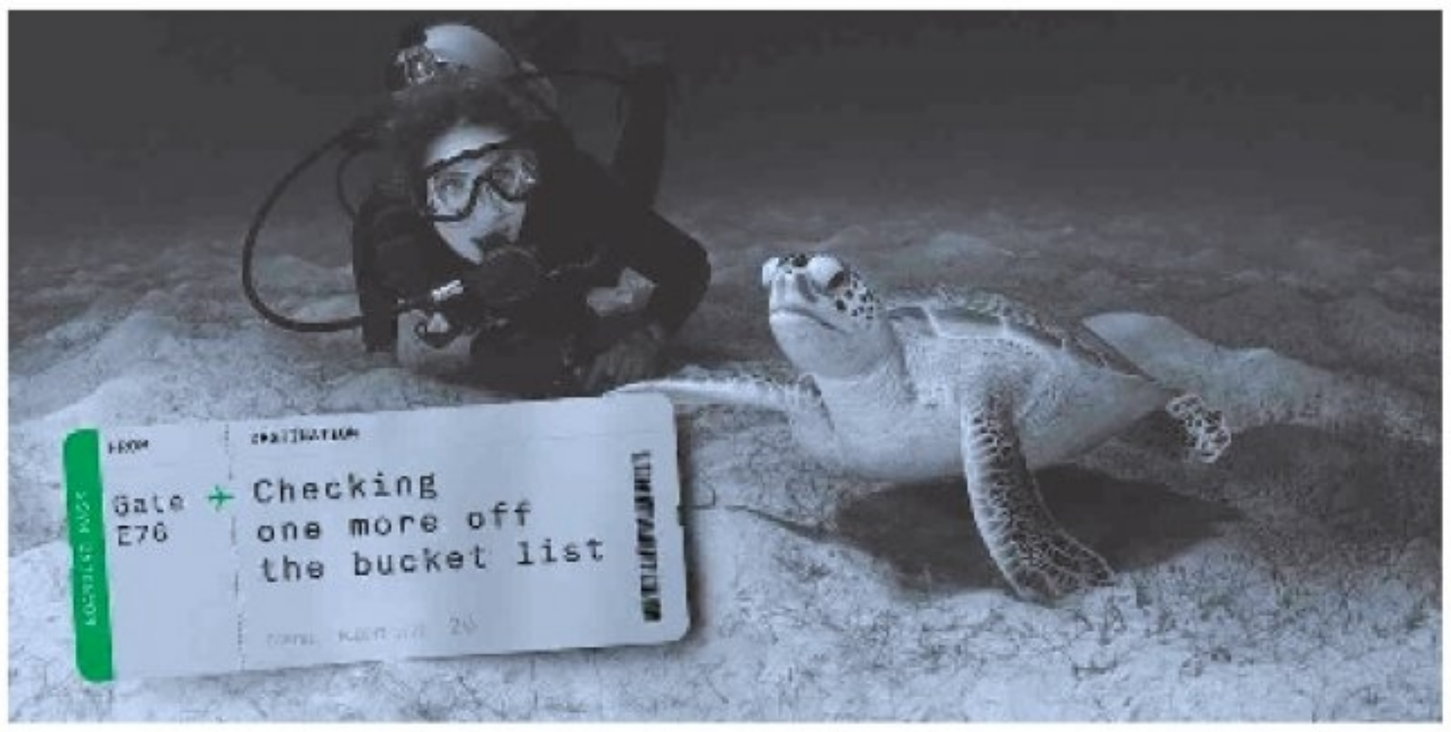
Researchers conducted a meta-analysis of existing research from North America, parts of Europe, Australia and Japan, focusing on 28 studies — including six from Canada — that included 8,690 healthy infants. They wanted to know what was normal when it came to babies and crying.

"We've got, for example, weight charts, so parents and pediatricians can plot down how a baby grows and know if it's in the normal range — and that's quite reassuring for parents," explained lead author Dieter Wolke, a psychology professor at the University of Warwick. "But for crying, that didn't exist."

It does now.

The study shows that around the one-month mark, Canadian babies fussed or cried for 150 minutes a day, compared with the overall average of 118 minutes. While changes in crying levels are part of a baby's normal biological adaptation, the paper speculates that genetics, economic conditions, caretaking practices and feeding type may play roles. TORSTAR NEWS SERVICE

While Canada topped the list, Danish babies cried the least. ISTOCK



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Russell Peters co-hosted with Bryan Adams. THE CANADIAN PRESS

MUSIC

Joly not amused by Peters' Juno jokes

Comments made by comedian Russell Peters while hosting the Junos on Sunday night have not been welcomed by Heritage Minister Melanie Joly.

Peters, who hosted the music awards ceremony in Ottawa along with musician Bryan Adams, called the minister "hot" before introducing her on stage.

He also commented on the number of young women in the audience, suggesting it was a "felony waiting to happen."

Joly says Peters' comments were clearly inappropriate, adding this type of humour does not have a place at the Junos.

The minister says she is proud to represent an industry worth $53 billion, noting that Canada is currently the third largest exporter of music in the world.

Joly adds she wants to see hosts of the Junos promote values including gender parity.

THE CANADIAN PRESS

THIEN LISTED

Novel nominated for Women's Prize for Fiction

Vancouver-born Madeleine Thien's Chinese-Canadian journey Do Not Say We Have Nothing is among the novels on the short list for the international Women's Prize for Fiction.

Thien's novel was among the most acclaimed Canadian titles of 2016. The Montreal-based writer was awarded last year's Scotiabank Giller Prize and the Governor General's Literary Award for fiction, and landed on the short list for the prestigious Man Booker Prize.

C.E. Morgan's Kentucky epic The Sport of Kings and Naomi Alderman's gender role-reversal thriller The Power were also on the short list. Other contenders for the $37,000 prize Ayobami Adebayo's Stay With Me, Linda Grant's The Dark Circle and Gwendoline Riley's First Love.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Chappelle's Cosby spin proves its own worth

THE SHOW: The Age of Spin: Dave Chappelle Live at the Hollywood Palladium (Netflix)
THE MOMENT: Cosby's legacy

Dave Chappelle got $60 million for three specials. CONTRIBUTED

Halfway through this hour of filmed stand-up, Dave Chappelle tells a passionate story about civil rights leaders who were executed throughout the 1960s. Then he says, "And while all this was going on, Bill Cosby raped 54 people." The audience gasp/laughs.

Chappelle moves onto other subjects. Then he circles back: "I'm a 42-year-old black comedian. Obviously Bill Cosby was a hero to me. To think that your hero might have done something so heinous — it would be as if you'd heard that chocolate ice cream itself had raped 54 people. You'd say to yourself, 'Oh man, but I like chocolate ice cream. I don't want it to rape.'"

Netflix paid Chappelle a staggering $60 million US for this and two other specials (one pending; the other, Deep in the Heart of Texas, streaming now). Is this hour "worth" $20 million? I can't answer that.

I can say that Chappelle excels at introducing layered, legitimately angry ideas about race in America into a narrative that feels casual and inclusive, without losing the comedy. That seems socially valuable to me, especially right now.

He says Cosby is a monster. He says Cosby meant a lot to people. Chappelle's struggle with that is the emotional crux of this show.

Also, you have to admire someone who can sum up 60 years of injustice in one well-honed line, which starts with a landmark US school integration case and ends with another gasp-laugh: "Brown vs. Board of Education passed in '54, but someone called me [the N word] in traffic last Wednesday."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro SPORTS

Ron Hextall has been named Canada's general manager for the upcoming world hockey championship

Fallout looms with Olympic decision

Continued from page 1

The International Olympic Committee paid the insurance and travel costs to Sochi, then withdrew that money for Pyeongchang, South Korea, leaving a gap of between $15 million and $20 million US. When the NHL tried to find a compromise, the IOC did not budge. The IOC started this. The IOC failed.

But the NHL will wear this, and deserves to. You can understand its decision-making, because a South Korea Olympics helps them less than a Beijing, or a Vancouver, or even a Sochi. The other parties hardened in negotiations, with the IOC threatening to withhold participation in the 2022 Games in Beijing, and the players refused to budge. Owners, meanwhile, only cared about their businesses. They don't think big unless they're trying to get public arena-building money.

There was a price, though. The insurance money was eventually covered by the International Ice Hockey Federation, but the NHL balked at that because of a perceived bleeding of money for hockey development. Bettman floated a collective bargaining agreement extension in exchange for Olympic participation, as part of a formalized international calendar that included a Ryder Cup-like series and World Cups, and it went nowhere. He tried an elimination of the opt-out clause that would allow players to terminate the CBA in 2020 rather than 2022, and the NHLPA wasn't interested because they don't like the deal. Hope you're ready for another lockout, if it comes to that.

The NHL has always said it couldn't measure positives from the NHL's participation in the Olympics, unlike, say, a league-run World Cup. But there was clearly a price. The owners decided it was too high.

Now, this might not be over. The NHL cancelled the 2004-05 season, and nearly resurrected it on its deathbed.

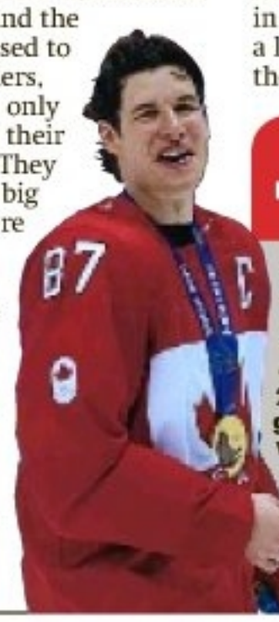
But that seems unlikely, and it's a shame. The NHL doesn't think this affects China in 2022, but it could, if the IOC is vindictive enough. But for now the players lose because they didn't ensure Olympics stayed part of the collective bargaining agreement, and they have now been reminded whom they work for. The players should be angry, but they shouldn't be surprised.

Maybe more players will follow the lead of Alex Ovechkin, who says he's going regardless, and Capitals owner Ted Leonsis has already opened the door to his star's participation. If every member of Team Canada said they wanted to go, it would be a hell of a thing. But the NHL privately believes it has enough levers to keep players home.

Time and again, it comes back to the same thing: Hockey could be bigger, and hockey could be better, but hockey keeps getting in the way.

You know who really loses in all this? Hockey.

Bruce Arthur is a sports columnist with the Toronto Star



-50%

The CBC reported an average audience of 8.5 million during the gold-medal game between Canada and Sweden at the 2014 Olympics in Sochi, a good-sized audience but well down from the 16 million average that tuned in for the U.S.-Canada final at the 2010 Games in Vancouver.

Russia goalie Maria Sorokina stops a shot by Canada's Natalie Spooner on Monday in Plymouth, Mich. CARLOS OSORIO/THE CANADIAN PRESS

WORLD CHAMPIONSHIP

Canada routs Russia to bounce back

Jennifer Wakefield scored twice and had an assist to lead Canada to a 8-0 win over Russia at the women's world hockey championship Monday.

The Canadians concluded their preliminary round in Pool A with a 1-2 record. They awaited the result of a later game between the United States (2-0) and Finland (1-1) to know their playoff path.

Emily Clark, Natalie Spooner, Erin Ambrose, Brianne Jenner, Meghan Agosta and Sarah Potomak also scored for Canada. Canadian starter Shannon Szabados made 17 saves for the shutout in her second start of the tournament.

Russia's Maria Sorokina allowed six goals on 35 shots before she was replaced by Nadezhda Alexandrova in the third period. Alexandrova then turned away four of six shots for the Russians (0-3).

MONDAY In Michigan

8	0
CANADA	RUSSIA

While the Canadians were favoured — Russia has never beaten them in women's hockey — it was a win they needed to regain confidence after back-to-back losses to open the tournament.

Canada scored more goals than their first two games combined, including four power-play goals, and killed off a Russian two-man advantage early in the second.

The top two teams in Pool A get a bye to Thursday's semi-finals. The bottom two drop to Tuesday's quarter-finals against the top two seeds from Pool B.

The Canadians did their part to stay in contention for the bye. Beating Russia by two-plus goals gave Canada the best goal differential if the day ended with a three teams tied for second in Pool A at 1-2.

THE CANADIAN PRESS

For the result of Finland-USA visit metronews.ca

NHL

Matthews sets points record

If it wasn't evident already, it's now official.

Auston Matthews has put together the finest rookie season in the 100-year history of the Toronto Maple Leafs, now with the record for both goals (39) and points (67). The 19-year-old shattered Peter Ihnacak's franchise rookie mark with his 67th point of the season on Monday night — a goal against the Buffalo Sabres 5:01 into the game.

Matthews has been smashing records almost every game recently.

He scored his 35th goal of the year last week against the Florida Panthers to break Wendel Clark's 31-year-old franchise record for a rookie, also tying Dave Andreychuk's team record with his 14th game-opening goal.

Auston Matthews GETTY IMAGES

Matthews, notably, broke Clark's record at a point when goals are at a far higher premium than they were in 1986. The first player picked first overall by the Leafs since Clark in 1985, Matthews also has 28 assists while earning the most minutes (almost 18 per-game) of any Toronto forward this season.

Go to metronews.ca for results from Buffalo.

California-born and Arizona-raised, Matthews potted a pair of goals against the Detroit Red Wings a few days later, the latter standing as his eighth game-winner of the season to equal Howie Meeker for another franchise rookie record — one that was set way back in the 1946-47 season.

THE CANADIAN PRESS

IN BRIEF

Jackets lose rookie Werenski

Columbus Blue Jackets coach John Tortorella says defenceman Zach Werenski is "day to day" after leaving a game with an injury.

The 19-year-old rookie apparently hurt his shoulder Sunday night when hit by Washington's Alex Ovechkin in the third period of the Blue Jackets' 3-2 loss.

Werenski holds Columbus franchise records for points (47) and assists (36) by a rookie, didn't practice with the team Monday.

THE ASSOCIATED PRESS

Lowry yet to set return date

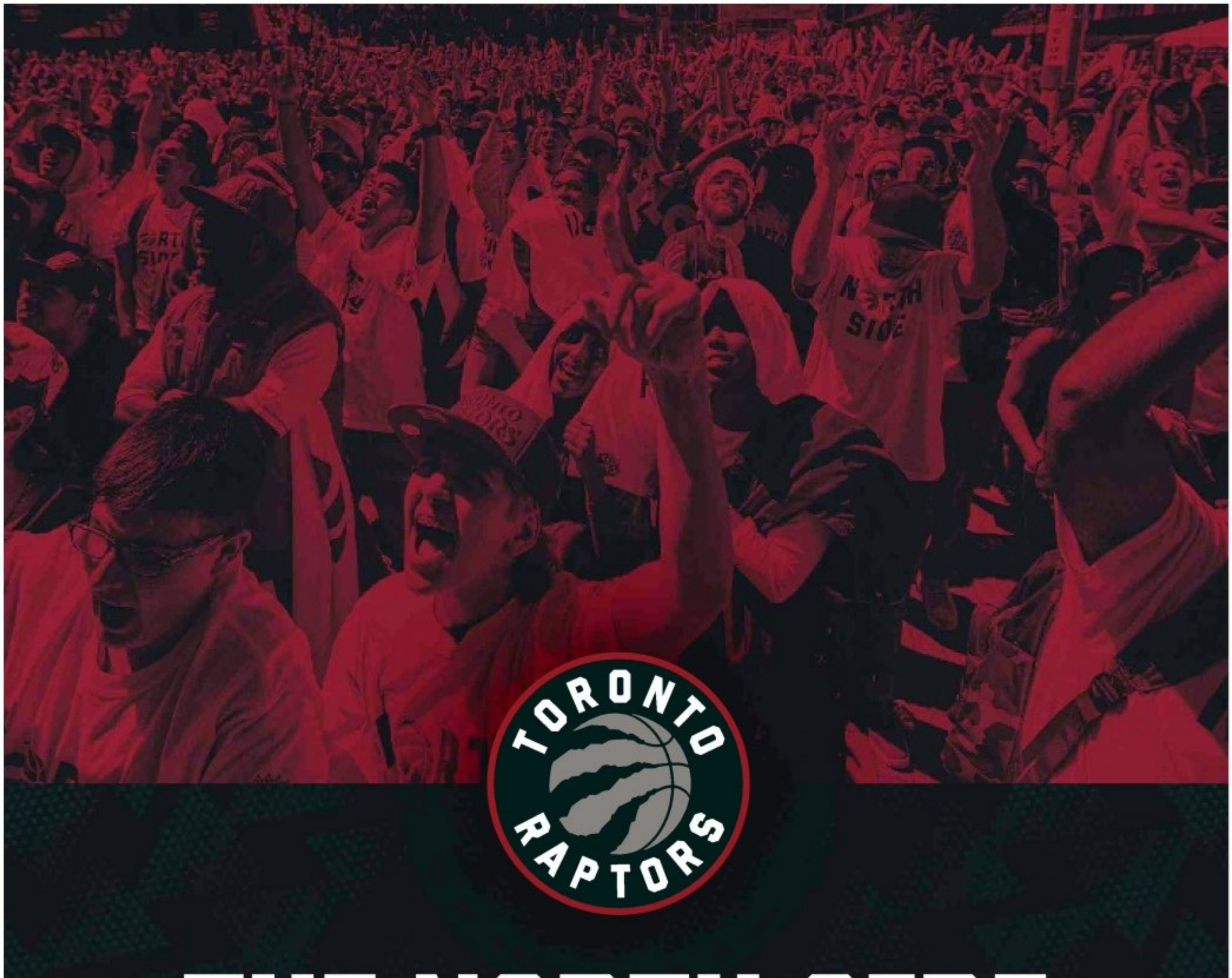
Kyle Lowry is doing basketball things, which is better than him not doing basketball things, but it doesn't mean a return to active duty is next.

The Toronto Raptors point guard, five weeks removed from surgery on his right wrist, hasn't put a timetable on his return but it will have to come soon if he's going to get any on-court action in before the NBA playoffs begin. He won't play Tuesday against the Pacers.

TORSTAR NEWS SERVICE

It's the most harrowing 10 to 15 minutes of the year.

Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final. Go to metronews.ca for results from Monday's game.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Trumbo writes O's happy ending

MLB

Blue Jays lose opener after Baltimore star homers in 11th

Mark Trumbo homered with two outs in the 11th inning, and the Baltimore Orioles beat the Toronto Blue Jays 3-2 Monday for their seventh straight opening-day victory.

Trumbo connected off Jason Grilli (0-1) on a 1-2 slider. When he reached the plate, the reigning major league home run king was drenched in water by teammates and cheered heartily by those remaining from a sellout crowd of 45,667.

MONDAY In Baltimore

3	2
ORIOLES	BLUE JAYS

The game was rematch of last year's AL wild card playoff, won by Toronto 5-2 on an 11th-inning home run by Edwin Encarnacion. Though Encarnacion is now with Cleveland, the Blue Jays and Orioles haven't changed much after tying for second in the AL East at 89-73. The 25th opening day at Camden Yards produced a dramatic contest that began in the late afternoon and ended at dusk.

Tyler Wilson (1-0), the fourth Baltimore reliever, pitched one shutout inning.

Booed from introductions to his final at-bat, Toronto's Jose Bautista went 0 for 5 with a walk. He grounded into an inning-ending double play in the ninth with the score tied and runners on first and second.

Starting on opening day for the first time, Baltimore's Kevin Gausman gave up two runs and five hits in 5 1/3 innings.

Toronto right-hander Marco Estrada also received his first opening day start. The 10-year veteran allowed two runs over six innings and retired his last 10 batters.

Baltimore went 0 for 5 with runners in scoring position over the first two innings, wasting doubles by Adam Jones and Welington Castillo.

That trend ended in the third. Newcomer Seth Smith doubled and Jones walked, Chris Davis delivered an RBI single and Trumbo followed with a run-scoring double.

Toronto got a run back in the fifth when Gausman issued three walks, the last to Kendrys Morales with the bases loaded.

The Blue Jays pulled even in the sixth. After Gausman gave up a one-out single to Steve Pearce, Ezequiel Carrera hit an RBI double off Mychal Givens.

J.A. Happ (20-4 in 2016) starts Wednesday night in the finale of the two-game series. He's 4-3 against Baltimore.

THE ASSOCIATED PRESS

Orioles third-base coach Bobby Dickerson ushers Mark Trumbo to home plate on Monday's 11th-inning home run at Camden Yards. PATRICK SEMANSKY/THE ASSOCIATED PRESS

MLB RESULTS

Mets 6, Braves 0
Noah Syndergaard pitched six sharp innings before leaving with a blister, Asdrubal Cabrera snapped a seventh-inning tie with a single and the New York Mets broke through following a pivotal replay reversal to beat Atlanta.
THE ASSOCIATED PRESS

Red Sox 5, Pirates 3
Rookie Andrew Benintendi hit a three-run homer that capped a five-run fifth inning, and the Boston Red Sox began their post-David Ortiz era by beating the Pittsburgh Pirates
THE ASSOCIATED PRESS

Dodgers 14, Padres 3
Joc Pederson launched a grand slam and the Dodgers hit a franchise-record four home runs on opening day, leading Clayton Kershaw and Los Angeles over San Diego.
THE ASSOCIATED PRESS

IN BRIEF

Gushue thrashes Murdoch
Canada's Brad Gushue defeated Scotland's David Murdoch 8-2 on Monday to keep his unbeaten record intact at the Ford World Men's Curling Championship.

The St. John's skip was in control from the start in the afternoon matchup at to improve his run to 4-0.
THE CANADIAN PRESS

Duncan's ex financial adviser facing 20 years jail
An ex-financial adviser to retired San Antonio Spurs star Tim Duncan has pleaded guilty in a multimillion-dollar fraud case and faces up to 20 years in prison. Federal prosecutors say Charles Banks, 49, pleaded guilty Monday to wire fraud.

Investigators say Banks manipulated Duncan into guaranteeing payment of a $6 million debt related to a merchandising business.
THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	3	2	7	8	4	1	9	5
4	8	1	2	9	5	6	7	3
9	7	5	6	3	1	4	2	8
7	1	6	8	5	3	9	4	2
5	4	3	9	6	2	7	8	1
2	9	8	4	1	7	5	3	6
3	6	9	5	4	8	2	1	7
8	2	4	1	7	6	3	5	9
1	5	7	3	2	9	8	6	4

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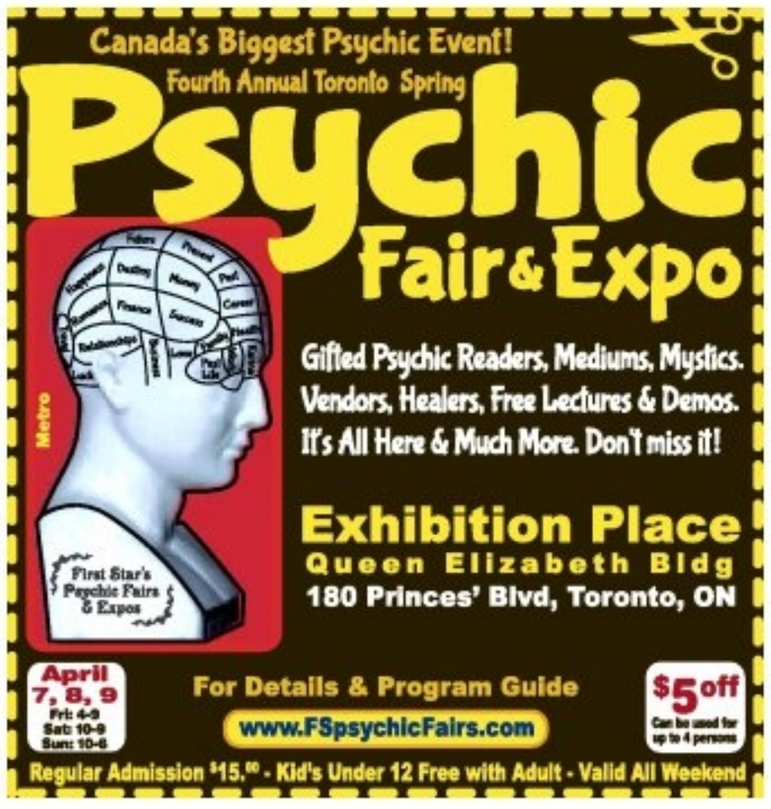
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MAKE IT TODAY

Tasty Broccoli Cheese Patties

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

Directions

1. Preheat oven to 400 degrees.

2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.

3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.

4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

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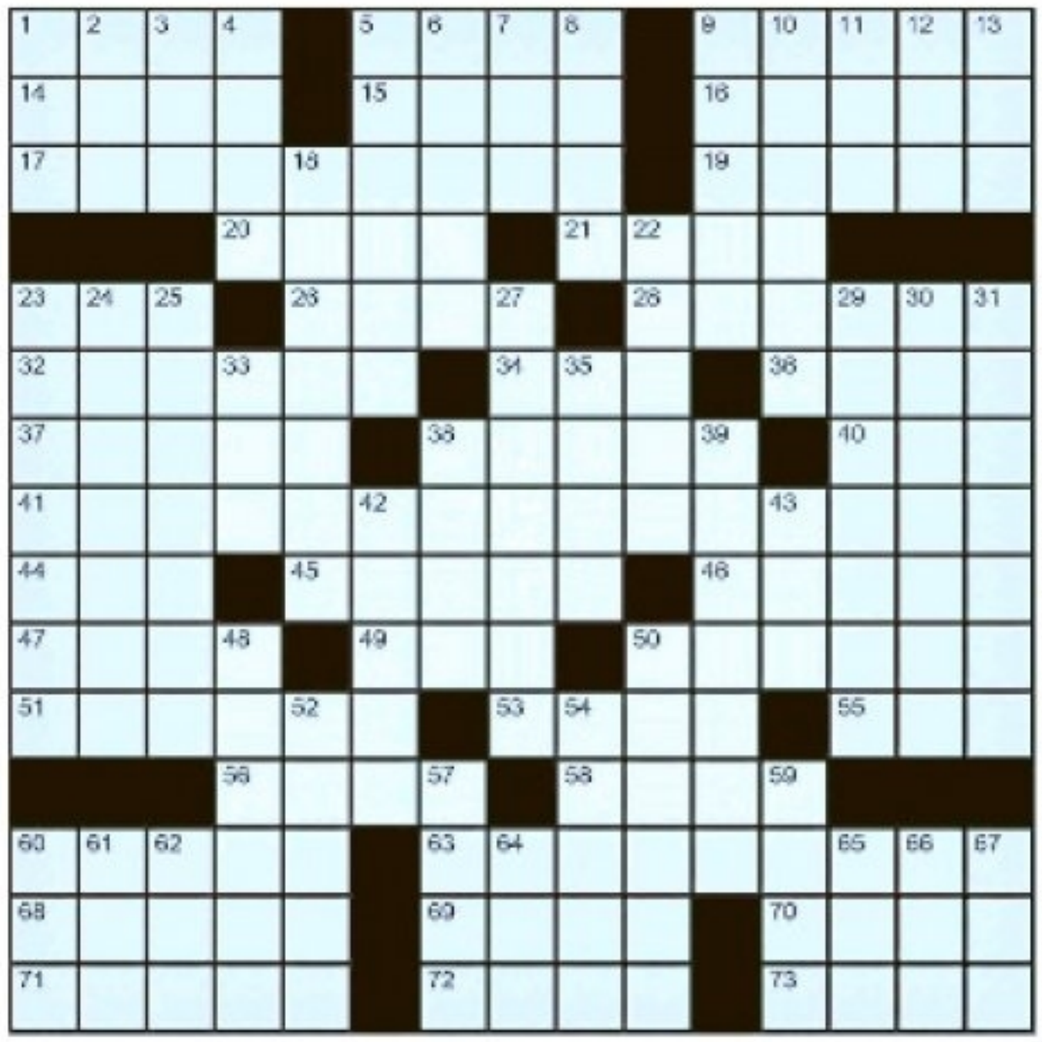
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Use a car lot
5. Lacking
9. Accord
14. Mr. Alda
15. Boast
16. Dressed to the _
17. Last queen of the Ptolemaic Kingdom in ancient Egypt
19. Beatles: "_ _ Your Name"
20. Island of Indonesia
21. Catherine of "The Dukes of Hazzard"
23. Initials-sharers of Gisele Bundchen's quarterback hubby
26. The Bee _
28. Thingamabob
32. Canadian singer Mr. Maida's
34. Mr. Robbins
36. _ Strauss & Co.
37. "Is that coffee _ _?" (What's in that pot?)
38. Of prophets
40. Fall from grace
41. Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
44. Ms. Zadora
45. Carved pole of symbolism
46. La Route _ (Quebec bike paths network)
47. Envelope insertion [abbr.]
49. 'Super' suffix
50. Shooting star
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper
58. Grand Ole _
60. Eyeball attachment, _ nerve
63. Plates dryer: 2 wds.
68. Filmdom's Mr. Langella
69. 'Kitchen' add-on
70. Constellation, _ Major
71. Salad graspers
72. NASDAQ rival
73. Whiskey grains

DOWN
1. _-Man
2. Entirely
3. Ms. Dawn Chong
4. Drawer attachment
5. Weighing needs
6. Bandleader
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)
10. Canadian marketing trailblazer who famously promoted President's Choice products, Dave _ (b.1940 - d.2013)
11. _ _ hurry
12. _ Aviv, Israel
13. Fashion monogram
18. The winner of one gets a tiara
22. Allow into the club
23. Bands of performers
24. Fantasia who won "American Idol" in 2004
25. Take it easy: 2 wds.
27. They make homes on the market appealing to buyers
29. Ms. Nielsen, host of #41-Across
30. Pilot
31. Meals
33. PBS funding org.
35. Journalism piece
38. Quash
39. Prehistoric 'painting' place/practice: 2 wds.
42. Annuls
43. Finished with work [abbr.]
48. Still of this world
50. "Nanny _" (2005)
52. Chef's culinary cuts
54. Drops a letter into the box
57. Paradise
59. "_ Show of Shows" ('50s variety TV series)
60. Poet's 'frequently'
61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcastic
66. 'Computer' suffix (Techie jargon)
67. _ Palmas, Spain

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

Taurus April 21 - May 21
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

Gemini May 22 - June 21
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

Cancer June 22 - July 23
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

Leo July 24 - Aug. 23
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

Virgo Aug. 24 - Sept. 23
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

Libra Sept. 24 - Oct. 23
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

Scorpio Oct. 24 - Nov. 22
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

Sagittarius Nov. 23 - Dec. 21
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

Capricorn Dec. 22 - Jan. 20
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

Pisces
Feb. 20 - March 20
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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